



High Iron Diet

In adults, iron deficiency is most commonly caused by chronic blood loss, such as with heavy menstruation or intestinal bleeding from peptic ulcers, cancer or hemorrhoids. In children, iron deficiency is usually the result of an inadequate iron intake. The recommended dietary allowance for iron in healthy adults is 10 milligrams per day for men and 15 milligrams per day for premenopausal women. Premenopausal women's needs are higher than men's needs because women lose iron during menstruation.

- There are some instances in which a high iron diet can be harmful. For example, those suffering from hemochromatosis need to avoid iron rich foods. Hemochromatosis is a common hereditary disorder where the body loses its ability to regulate the amount of iron that is absorbed and stored. Without a regulatory process, dangerously large amounts of iron can build up. This can lead to severe damage to liver, heart and pancreas.
- Chronic liver disease, from many causes, can result in excessive amounts of iron being stored in the liver. In some instances, this actually aggravates the damage to the liver. In the treatment of chronic hepatitis C, for example, it is now known that reducing iron stores by removal of blood actually improves treatment.
- The following table lists foods high in iron. In general, meat, fish and poultry are excellent sources. Other sources of iron include beans, dried fruits, whole grains, fortified cereals and enriched bread.

Food that Contain Iron

Food	Serving Size	mg
Bran Flakes Cereal	1 cup	24
Product 19 Cereal	1 cup	24
Steamed Clams	3 oz	23
Total Cereal	1 cup	18
Life Cereal	1 cup	12.2
Raisin Bran Cereal	1 cup	9.3
Braised Beef Liver	3 oz	5.8
Kix Cereal	1 cup	5.4
Cheerios Cereal	1 cup	3.6
Prune Juice	1 cup	3
Baked Potato with Skin	1 medium	2.8
Cooked Sirloin Steak	3 oz	2.8
Cooked Shrimp	3 oz	2.6
Cooked Navy Beans	1/2 cup	2.3
Dried Figs	5	2.1
Broiled Lean Ground Beef	3 oz	2.1
Cooked Swiss Chard	1/2 cup	2
Rice Krispies Cereal	1 cup	1.8
Kidney Beans	1/2 cup	1.6
Cooked Oatmeal	1/2 cup	1.6
Raw Spinach	1 cup	1.5
Canned Tuna in Water	3 oz	1.3
Conked Green Peas	1/2 cup	1.2
Cooked Halibut	3 oz	0.9
Whole Wheat Bread	1 slice	0.9
Dried Apricot Halves	5	0.8
Raisins	1/4 cup	0.8
Cooked Broccoli	1/2 cup	0.6
Boiled Egg	1 large	0.6